

AbstinenceNews

NEBRASKA ABSTINENCE EDUCATION PROGRAM

Winter 2007 • Vol. 4 • No.4

Abstinence Program Strives to Show Children they are Loved

November 15, 2007

Offered by Laura Buddenberg, Boys Town, NE

A joint effort from Boys Town's Youth Care and Health Care divisions is helping spread the message about abstinence education.

Coordinated by the Boys Town Center for Adolescent and Family Spirituality, the Let Our Values

Exceed Desires (LOVED) Program is a new initiative funded by a grant of \$300,000 per year for five years from the Health and Human Services

Administration. The program will develop an Abstinence Until Marriage education model to initially be used in Boys Town homes, and later in northeast Nebraska and Gretna, Neb.

The program, based upon two nationally recognized abstinence education models, "Unmasking Sexual Con Games," developed by Boys Town, and "WAIT (Why Am I Tempted) Training" will focus on two primary settings: pediatric offices and Boys Town homes.

"We will help health care professionals learn how to best address this with children," said Kathie McGee, who along with Laura Buddenberg, is Co-Director of the Center for Adolescent and Family Spirituality. "Our Boys Town physicians can become leaders in this issue."

"This program gives us the opportunity to address this issue on all fronts," said Jim Gross, Boys Town Training Evaluation and Certification Associate Executive Director, which oversees the Center for Adolescent and Family Spirituality.



It's life control!
Abstinence
Nebraska Abstinence Education Program

"We will take what we learn in our own community and share it with others throughout the country."

The Center for Adolescent and Family Spirituality will work with Dr. Thomas Tonniges, Boys Town Pediatrics Director, to help pediatricians communicate abstinence to Nebraska children during the mandatory seventh-grade physical. Intensive intervention will also be used in homes.



"Young people receive lots of pressure from culture about sexuality. Not only does this compromise moral values taught in many good families and schools, but having sex at a young age interferes with kids realizing success," said Dr. Dan Daly, Boys Town Vice President of Youth Care. "The LOVED program will provide a strong message about abstinence to boys and girls

from physicians, teachers and parents."

The program is in response to many studies that prove abstinence programs and virginity pledges effective among teenagers. The Heritage Foundation recently reported lower rates of teen births among adolescents who receive abstinence messages and demonstrated to pledge their virginity.

The five-year program's message is expected to reach 500 Boys Town youth, and an additional 500 Nebraska youth during the seventh-grade physical. "We are setting the bar high in our message to not only help kids reduce the risks associated with having sex, but in some cases eliminate them all together," said Buddenberg.



*Provided by Laura Buddenberg
Boys Town Center for Adolescent and Family Spirituality*

Nebraska Joins Ranks with National Media Campaign

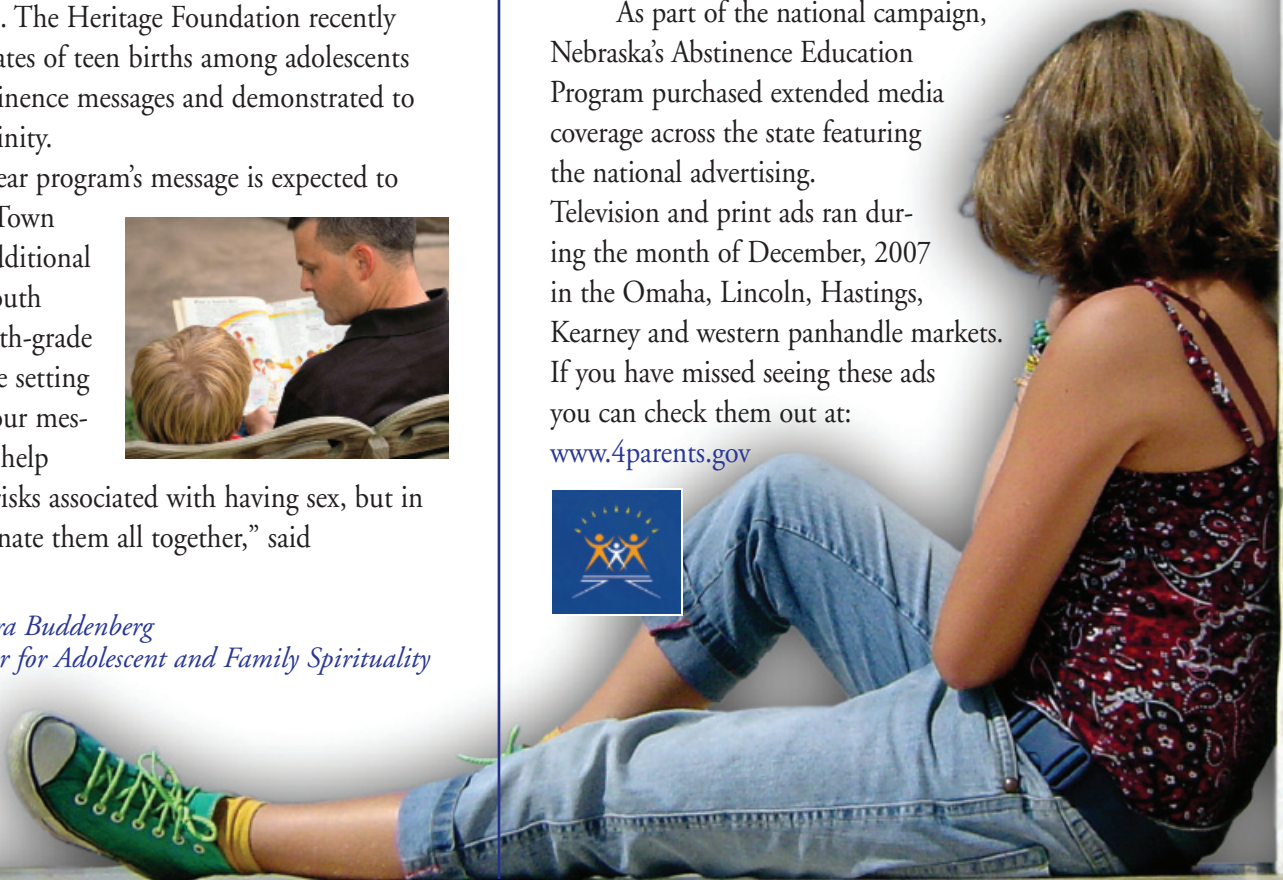
The U.S. Department of Health and Human Services (HHS) has unveiled a new campaign encouraging parents to talk to their pre-teen and teenage children about waiting to have sex.



The "*Parents Speak Up*" National Campaign public service advertising features kids who invite their parents to talk to them about sex, their values, and how waiting can contribute to future success.

As part of the national campaign, Nebraska's Abstinence Education Program purchased extended media coverage across the state featuring the national advertising. Television and print ads ran during the month of December, 2007 in the Omaha, Lincoln, Hastings, Kearney and western panhandle markets. If you have missed seeing these ads you can check them out at:

www.4parents.gov




America's Children: Key National Indicators of Well Being 2007

This annual publication is the tenth anniversary edition, presenting a compendium of 38 key indicators of child well-being. The report shows gains and setbacks for the nation's children. It is structured around seven domains that influence child well-being: family and social environment, economic circumstances, health care, physical environment and safety, behavior, education, and health. Among the new indicators added to this year's edition is sexual activity among youth. Other highlights include:


In 2006, there were 73.7 million children ages 0–17 in the United States, or 25 percent of the population, down from a peak of 36 percent at the end of the “baby boom” (1964).


Children are projected to compose 24 percent of the population in 2020.

The nonmarital birth rate in 2005 increased to 48 per 1,000 unmarried women ages 15–44 years, up from 46 in 2004. The recent increases in non-marital birth rates have been especially notable among women age 25 and older. Births to unmarried women constituted 37 percent of all U.S. births, the highest level ever reported.

 Racial and ethnic diversity continues to increase over time.



 In 2006, 67 percent of children ages 0–17 lived with two married parents, down from 77 percent in 1980.

 In 2005, 18 percent of all children ages 0–17 lived in poverty; among children living in families, the poverty rate was 17 percent.



The percentage of infants with low birthweight was 8.2 percent in 2005, up from 7.9 percent in 2003 and 8.1 percent in 2004 and has increased slowly but steadily since 1984 (6.7 percent).

For the complete report and all statistical information visit: <http://childstats.gov>

From: *Abstinence Education E-Update and Federal Interagency Forum on Child and Family Statistics*



Medline Plus – A link to Teen Health Information

Medline Plus is an electronic, web-based health information system offered as a service of the National Library of Medicine and the National



Institutes of Health. Updated daily, MedlinePlus directs readers to information to help answer health questions, give information on

the latest health research and provide news on current health-related issues.

Medline Plus is an excellent resource for teen-

related health topics. Some of these categories include teen health, teen mental health, teen sexual health, teen violence and teen pregnancy. The web site for this valuable resource is

www.medlineplus.gov

Bookmark and add this site to your list of favorites today.



Helping America's Youth

Helping America's Youth is a nationwide effort to raise awareness about the challenges facing our youth. Led by First Lady Laura Bush, the initiative highlights programs, which are effectively helping America's young people. The initiative motivates caring adults to connect with youth in three key areas: family, school and community.

You can get connected by clicking on:

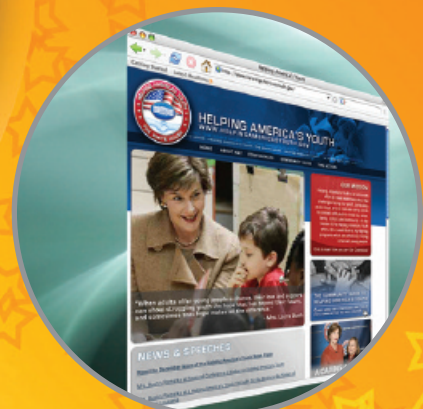
www.helpingamericayouth.gov/

or check out the latest "newsflash" at:

www.helpingamericayouth.gov/haynewsflash_december07.pdf



First Lady – Laura Bush



Website

Abstinence Education in Rural Nebraska

By *Stephanie Bunner*
North Central District Health Department

The Results Are In! Long-term evaluations from WAIT Training assemblies in the North Central District Health Department's region show positive indications that abstinence education is favored and talked about in rural Nebraska.

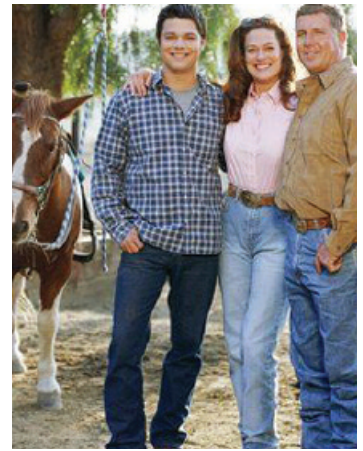


Ninety percent (90%) of parents who attended the community WAIT Training assembly, said that they did have discussions with their children regarding abstinence or sexual risk behaviors, and almost 70% of parents who attended the assembly said that they had conversations with their youth within the past month. Sixty-one percent (61%) of youth said that they had discussed abstinence or sexual risk behaviors with their parents and one-third stated that they had a discussion with their parents within the past month.



Overall, parents said that they were more comfortable in the discussions than were the youth and 40% of the youth reported that they thought their parents to be comfortable in the discussions of abstinence or sexual risk behaviors.

Forty percent (40%) of youth agreed or strongly agreed that they had made a change in relationship, while a similar proportion of parents (40%) felt the same way.



Forty-nine percent (49.1%) of youth made a pledge to remain abstinent and slightly over half (51.6%) of the parents believed their children to make an abstinence pledge.

Almost all parents rated an abstinence program in the school as favorable and 35.7% youth were neutral with 40.6% of youth supporting abstinence programs in the school setting.



Ingredients of Abstinence Education:

A Recipe for the health and well being of Nebraska Youth

There are eight ingredients to an effective abstinence until marriage program. The ingredients are often referred to as “the eight elements” of abstinence education. They are included in the original federal legislation that provides for abstinence education funding to states.



State abstinence programs incorporate all eight elements into program plans when providing abstinence until marriage education to youth. By applying these elements or ingredients program providers give youth a recipe to follow that insures a path to healthy adulthood. This is the fourth and final article in a series examining two of the eight elements and why they are important for youth.

Element G: *Abstinence education teaches young people how to reject sexual advances and how alcohol and drug use increase vulnerability to sexual advances.*

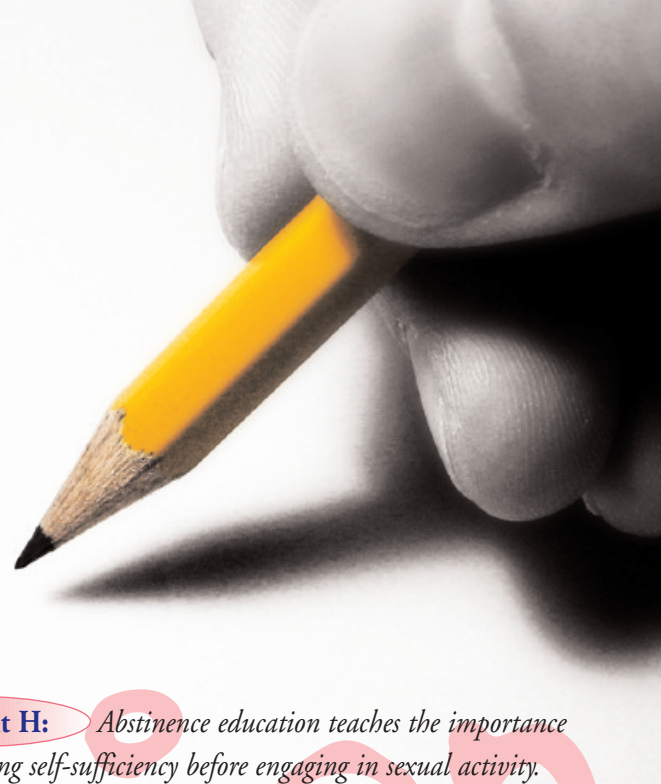
What it means:

Sexual desires are natural and controllable and individuals are capable of making choices to abstain from sexual activity.

Teaches the value of building and maintaining healthy relationships that are free from sexual involvement.

Identifies role models for success and examples of healthy sexual values.

Teaches the importance of personal character and self-discipline in deciding to remain sexually abstinent.



Element H: *Abstinence education teaches the importance of attaining self-sufficiency before engaging in sexual activity.*

What it means:

Teaches the relationship of self-sufficiency and abstinence-until-marriage.

Teaches that the delay of the initiation of sexual activity until marriage can significantly improve life outcomes, financial well-being and marital stability.

Abstinence Save Sex Until Marriage



Abstinence News is published periodically by the Nebraska Abstinence Education Program and sponsored by the Nebraska Department Health and Human Services

Publisher

Linda Henningsen
linda.henningsen@dhhs.ne.gov
(402) 471-0538



ADA/EOE/AA